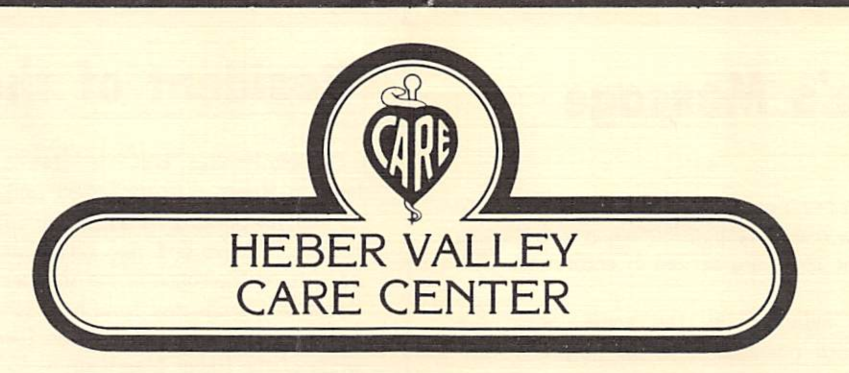


December, 1984 Newsletter

We Wish You a Merry Christmas and Happy New Year



"The Festival of Trees"

HVCC proudly participated in "The Festival of Trees" sponsored by the Primary Children's Hospital annually at the Salt Palace in Salt Lake City.

11 regional Recreation Directors from the Utah Region of our corporation added to a worthwhile project with special floor decorations highlighted by Heber Valley Care Center contributions of a 4'8" tall soft sculptured Grandma and Grandpa.

Many thanks to Rose and Alice Price, Sandy Probst and Dawn Olpin for the many hours donated and a job well done!

"Administrator's Message"

One of my favorite Christmas Carols in Henry Longfellow's "I Heard The Bells on Christmas Day." He looks at the world around him and begins to despair as he sees the lack of love and peace among his fellow men. Then as the joyful sounds of the Season sink deeper into his heart he feels a renewed hope for love in a troubled world.

I have often felt these same feelings as I look around my world. Especially at the things in life that seem so unfair: The helpless children, the poor, the sick, the aged.

I, too, at this Christmas season feel a renewed hope for the world as I watch so many people, many of you, reaching out to those who have less; Spreading the love and joy in your hearts to those who otherwise might not feel it.

I would like to send each of you the happiness of this season and the hope that each of us will remember that we as individuals can make a difference in the peace on earth starting in our own little corner of the world.

Merry Christmas!
Stan Magleby
Administrator

Dietary Supervisor Hired

Recently Gail Tomoch was hired as Dietary Supervisor. Gail was born and raised in the Denver, Colorado area. She attended Colorado University where she graduated in 1980. She has been in the food service field for the past seven years. Gail is engaged to Darcy Winn, they plan on getting married in the Spring. Some of her hobbies include downhill and cross-country skiing, reading, hiking, fast pitch softball and of course baking. We, at the Heber Valley Care Center are delighted to welcome Gail to our team.



Nurse's Message

Theraputic diet checks are a policy here at Heber Valley Care Center. Our Dietary Supervisor is responsible along with Nursing to assure that theraputic diets are served in accordance with physicians orders.

Not every geriatric individual is the same. Some are diabetics, some just require 'no added sugar' or 'no added salt.' There are others who need weight reduction or an increase of calories. All these needs must be considered and maintained.

When a physician orders a two gram sodium (2 gm Na) diet for example, the menus provided must have some substitutes for dishes such as Oriental Rice or Tuna Patties with cream sauce or Lyonnaise Potatoes. These substitutes are adjust by the Dietary Supervisor.

Licensed personnel will check theraputic diets on each resident at least one time per month. This is accomplished when the Dietary Supervisor places a Diet Check slip on a theraputic diet tray as it leaves the dietary department. When the Nursing Assistant finds the check slip it is then taken to the charge nurse to be inspected before delivering it to the residents. Necessary comments are made by the Charge Nurse on the slip and document on the residents permanent record. If there are corrections to be made they are corrected prior to delivering the tray. The Diet Check Slip is then returned to the Dietary Supervisor where it is retained for 30 days after which a new diet check is conducted. Through this procedure the residents at Heber Valley Care Center receive proper and theraputic nutritional status.

Highlights . . .

Upcoming Events and Special Monthly Events

Special Musical Program (Dora, Ray, Florine)...Jan. 2, 3:00 p.m.
The Harmonica Band...Jan. 4, 1:30 p.m.
Stella and Joan (Musical Program)...Jan. 9, 3:00 p.m.
Raggedy Ann and Andy (Pre-schoolers Welcome New Year!)...Jan. 11, 10:30 a.m.
Special Entertainment (Wallsburg Ward)...Jan. 16, 3:00 p.m.
Maxine Mair (Accordian Musical)...Jan. 18, 10:30 a.m.
Special Program (Lucinda Jensen, Clara Lundin)...Jan. 23, 3:00 p.m.
January Birthday Party (Sr. Citizen Band)...Jan. 25, 3:00 p.m.
Comedy Program (Lucinda Jensen, and Barbara Loertscher)...Jan. 30, 3:00 p.m.

Special Weekly Programs

Sunday Church Services (Heber 6th Ward) Sunday's...2:00 p.m.
Chapel Fellowship...2nd Sunday, 2 p.m.
Family Home Evening...Monday 7:00 p.m.
Relief Society...Tuesday, 10:00 a.m.
Quick Quilting Class (Leslie Hilton and Gail Higgs)...Tuesday, 3:00 p.m.
Sonni's Ragtime Rhythm Band (Sonni Schwinn and Lucinda Jensen)...Wednesday, 10:30 a.m.
Bingo (Hazel Smith and Ali Brierley)...Wednesday 10:30 a.m.
Woodworking Class (Steve Sherman)...Friday, 10:00 a.m.

Resident of the Month...

Vienna Henline, HVCC is "Resident of the Month" was born here in Heber City to Robert and Louise Clyde on Nov. 22, 1901. Her parents raised sheep and also had some cattle and horses. Vienna and her three sisters enjoyed helping their parents on the ranch in the summer. Vienna attended school in Heber and graduated from high school here.

Before her marriage to Glen Edwards, Vienna worked for a while at the Heber Merchantile. Mr. Edwards raised sheep and cattle in Charleston and Vienna kept very busy helping on the farm, gardening and raising their four children, three boys and a girl. She was active in church, working with the mutual girls. All three of Vienna's sons were Eagle Scouts and Vienna was involved in many scouting activities. Mr. Edwards passed away in 1937. One of Vienna's sons's was killed in France in WW II. One son is now a dairy farmer in Idaho. Her daughter Glennis lives in SLC and her son Douglas lives in Charleston. Vienna has 15 grandchildren and 33 great grandchildren.

In 1943 Vienna married William H. Henline and moved to SLC. There she and her husband owned and operated a rest home for over 20 years.

Vienna has always enjoyed needlework, including knitting, tatting, and crocheting, with her bright countenance and sweet smile, Vienna Henline is a welcome part of HVCC, as our December "Resident of the Month."

"New Resident"

"New Resident" is Francis Morris, born 9-19-1895 in Tooele. Lived most of her life in Salt Lake City. Loves kittens and roses. Welcome Francis!

"Employee of the Month"

Our December employee of the month is the well-known Mary Jean Simmons from Kamas, Utah. She has worked here at the Heber Valley Care Center since August of 1970. In 1982 she worked only part-time to pursue her nursing degree, which she obtained in April of 1983. This was her life-long dream which finally came true.

Mary Jean was born and raised in Daniels and she graduated from Wasatch High School. She has lived in Kamas since her marriage to Doyle Simmons. Together they had seven children one of which, Mary Jean calls her "Angel Child". Her other 6 children are off on their own. Two sons have their own places located on her property. There are two more sons who live in SLC and two daughters who live out in Wyoming.

Right now Doyle and Mary Jean are working on a new project of remodeling their home. This is one of their favorite hobbies along with reading. Mary Jean also likes to sew and crochet. She says the one thing she enjoys most is "going to church."

Mary Jean is one of the most reliable employees. She says the motivating factor in her work is, she loves the patients. We really appreciate her efforts to be an all-around great gal and fantastic nurse.





"It's Christmas Time"

Christmas Time is made even more special at the Heber Valley Care Center by all those who donate their time. Many different programs, musical numbers and visitors add to the spirit at this special season.

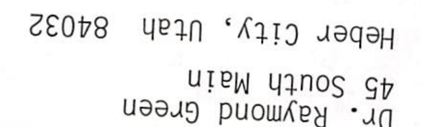








Heber Valley Care Center
160 West 500 North
Heber City, Utah 84032







From the Kitchen

Chocolate-Vanilla Pudding Desert

Crust
1 cup flour
1 cup chopped nuts
1 cube melted butter
Mix, bake at 375° 20 min.
Cool, add: 8 oz. cream cheese, 1 cup pwd. sugar, 8 oz. cool whip

Then add layer of chocolate pudding, instant, using 1½ cups milk per package. Then add layer of instant French vanilla pudding (1½ cup milk)

Topping
Put remaining cool whip over all and chocolate flakes on top. (Hershey bar can be used.) Refrigerate.

"Trivia Quiz"

1. What body of water does the Yukon River empty into?
2. Who was Robinson Crusoe's right hand man?
3. What kind of nuts were used in the old shell game?
4. What country comes last in an alphabetical list?
5. What two vessels fought the first sea battle between iron-covered ships?
6. What did God call the firmament?
7. Who was Time's Man of the Year for 1938?
8. What's 40 percent of 40?
9. Which hand did Charlie Chaplin carry his cane in?
10. Where's the Prado Art Museum?

1. The Bering Sea (North Pacific) 2. Man Friday 3. Walnuts 4. Zimbabue 5. The Monitor and Merrimac 6. Heaven 7. Adolf Hitler 8. Sixteen 9. The left 10. Madrid

Department Heads

Administrator	Stan Magleby
Director of Nursing	Kathleen Ellison
Office Manager	Marion Wright
Dietary Supervisor	Gail Tomich
Medical Records	Leisa Cox
Recreational Therapist	Stella Mitchell
Social Service Designee	Leisa Cox
Maintenance Supervisor	Wayne Brierley

Birthdays

Residents

December

Robert Anderson	12/5/23
Anna Carlson	12/26/87
Mabel Eskelson	12/10/01
Florence Mitchell	12/9/98
Albert Rugg	12/19/00

January

Reed Walker 1/5/29
Harold Westergard 1/18/24

Employees

December

Jalaine Hicken	12/30
Mary Jean Simmons	12/16
Michael Provost	12/29
Tonya Provost	12/25

Did You Know That...

—Roger Sjodine is learning sign language.
—Albert Rugg lived in Chicago until he was 16.
—Clara Young has 9 grandchildren.
—Marjorie Robinson has a son who is a doctor.
—Anna Gross has a son in Delta, Utah who visits her every Saturday.
—The word Merry means Peaceful.